



Wednesday@Noon

WEDNESDAY@Noon is an offering of online communion. We offer words and gestures to thank God for the life, death and resurrection of Christ through the sharing of bread and wine, asking God to nourish us with Christ's body and blood. Because we are separated from each other physically and are unable to give each other the bread and wine, we are unable to follow the forms exactly as tradition has handed them down to us. Thus we will do what we can, asking God for the grace to discern Christ's real presence.

Blessed be God: Creator, Christ, and Holy Spirit.
And blessed be God's kingdom, now and forever. Amen.

Gracious God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Jesus Christ we pray.
Amen.

Open our lips, O God,
And our mouths shall proclaim your praise.
Be joyful, and serve God with gladness,
and come before God's presence with a song.

Let us enter this sacred moment with thanksgiving,
and come into God's presence with praise.
God is good; God's mercy is everlasting;
and God's faithfulness endures from age to age.

O God of compassion, whose heart goes out to the hungry and destitute; who takes our lack and transforms it into much: give us the bread that satisfies, the food without price, that our lives may be freed to share your overflowing love; through Jesus Christ, the breaker of bread. **Amen.**

Three Readings

First Reading: Romans 8:12-17

Therefore, we are under an obligation, my sisters and brothers—but not to the flesh or to live according to the flesh. If you live according to the flesh, you will die, but if you live by the Spirit, you will put to death the evil deeds of the body and you will live.

Those who are led by the Spirit of God are the children of God. For the Spirit that God has given you does not enslave you and trap you in fear; instead, through the Spirit God has adopted you as children, and by that Spirit we cry out, "Abba!" God's Spirit joins with our spirit to declare that we are God's children. And if we are children, we are heirs as well: heirs of God and coheirs with Christ, sharing in Christ's suffering and sharing in Christ's glory.

Hear what the Spirit is saying to God's People

Thanks be to God.

Middle Reading: Middle Reading: Together,
by Rosemerry Wahtola Trommer

It smacks me, sometimes,
how connected we are—
though we draw boundaries,
build walls, fight wars,
call names, and kill. All it takes
is a photo of earth from space
and I'm stunned again,
how much we are in this together.
And though we'd rather not know it,
every choice we make
affects everyone, everything else.
Perhaps this is why I weep
when the woman I've barely met
embroiders me a sweater
with a word she knows I'll love
and then brings it to my home.
Because it's proof of kindness,
a confirmation that beauty
not only exists, it will lead us to each other.
How easily two strangers
might become friends.
It can happen anywhere
on this small blue and green planet—
anywhere two people co-exist,
the invitation to be generous,
thoughtful, to think of new ways
to be good to each other.
Each kindness a bridge that spans
the world's flaws. Each moment,
another chance to build another bridge.

Hear what the Spirit is saying to God's people
Thanks be to God.

Gospel: John 3:1-17

A certain Pharisee named Nicodemus, a member of the Sanhedrin, came to Jesus at night. "Rabbi," he said, "we know you're a teacher come from God, for no one can perform the signs and wonders you do, unless by the power of God." Jesus gave Nicodemus this answer: "The truth of the matter is, unless one is born from above, one cannot see the kingdom of God." Nicodemus said, "How can an adult be born a second time? I can't go back into my mother's womb to be born again!"

Jesus replied: "The truth of the matter is, no one can enter God's kingdom without being born of water and the Spirit. What is born of the flesh is flesh; what is born of the Spirit is Spirit. So don't be surprised when I tell you that you must be born from above. The wind blows where it will. You hear the sound it makes, but you don't know where it comes from or where it goes. So it is with everyone who is born of the Spirit." "How can this be possible?" asked Nicodemus.

Jesus replied, "You're a teacher of Israel, and you still don't understand these matters? The truth of the matter is, we're talking about what we know; we're testifying about what we've seen, yet you don't accept our testimony. If you don't believe when I tell you about earthly things, how will you believe when I tell you about heavenly things? No one has gone up to heaven except the One who came down from heaven, the Chosen One. As Moses lifted up the serpent in the desert, so the Chosen One must be lifted up."

Hear what the Spirit is saying to God's People
Thanks be to God.

The Prayers of the People

The Lord be with you.

And also with you.

Let us pray.

I ask your prayers for God's people throughout the world; including members of all religions; the people and leadership of The Episcopal Church; and the community of Trinity. Let us pray for all who seek the beauty of holiness.

Please feel free to voice the names of those in your prayers

I ask your prayers for those who are sick, who struggle in poverty or under oppression, and for those who care for them. Let us pray for those in any need or trouble.

Please feel free to voice the names of those in your prayers

I ask your prayers for peace; for goodwill among nations; and for the well-being of all people. Let us pray for equity, mutual regard, and peace.

Please feel free to voice the names of those in your prayers

I ask your prayers for all who seek to practice their spirituality, and live more nearly according to their values. Let us pray for us all.

Please feel free to voice the names of those in your prayers

I ask your prayers for those who have died, and for those who grieve the absent. Let us pray for the grieving and the dead.

Please feel free to voice the names of those in your prayers

I ask your prayers of gratitude and joy.

Please feel free to voice the names of those in your prayers

And now, let us give thanks to God for the abundance of our lives.

Thanks be to God! Amen.

The Peace

The peace of God be always with you.
And also with you.

Offertory

All members of the online gathering now make any final preparations of their bread and wine, and show their plate and cup to the group.

Blessing and Sharing Bread and Wine

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

Eternal God, in the abundance of your love you have caused all things to be; from dust and spirit you have woven our humanity; in all our wanderings you never cease to call us to fullness of life. **You gave us Jesus, son of Mary, the bread of life broken for the world;** he fed us and feasted with us, he healed us and suffered for us; **his dying and rising have set us free from the poverty of sin and the famine of death.** Therefore, with all whom you have made, cherished and called, with all who hunger for your kingdom and will not rest until all your children are fed, with the broken saints and redeemed sinners of all the ages, we take up the song of your praise:

Holy, holy, holy Lord,

God of power and might;

heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

At the following words, everyone lifts their plate and cup into view.

We ask that your Holy Spirit will fall upon us and upon these gifts that they may be to us the body and blood of our lord and brother, Jesus Christ; who, on the night that he was betrayed, gathered with his faltering friends for a meal that tasted of freedom.

Calling them to his table, he took bread, gave thanks, broke it and said: **“This is my body, which is given for you. Do this to remember me.”** In the same way after supper, he took the cup, saying: **“This cup is the new covenant in my blood. Do this, whenever you drink it, to remember me.”**

Therefore we proclaim him as creation’s host, transforming poverty into plenty in the reckless generosity of love.

Inspire us with the hope that one day death and greed will be no more and people without number will come from east and west, north and south to share the kingdom meal. We ask this through Jesus Christ our Lord, by whom and with whom and in whom in the unity of the Holy Spirit all honor and glory are yours, Author of blessings, for ever and ever. **Amen.**

Now, as Christ has taught us, we are bold to say,

**Our Father,* who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those
who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

*Jesus revealed a new, personal sense of relationship with God by addressing God as something like “Papa.” Always feel free to use your most meaningful name for God in saying the Lord’s Prayer.

Although Trinity often uses different interpretations of the Lord’s Prayer when we worship, on Wednesdays we use the traditional version to express our trust that we are one with God and all people around the world and throughout history.

All are invited to break their bread.

The disciples knew the Lord Jesus in the breaking of the bread.

Were not our hearts burning within us as we walked along the road?

During a moment of quiet, all receive their bread and wine.

Let us pray.

**Loving God,
we give you thanks
for restoring us in your image
and remembering the body of Christ,
which has been broken for the life of the world.
Now give us grace to trust that we are
a people, forgiven, healed, renewed.
Give us the courage to proclaim your love to the world,
and to continue in the risen life of Christ our Savior. Amen.**

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things, and the blessing of God, the Holy and undivided Trinity, be with you always. **Amen.**

This blessing is based on Philippians 4:8

Holy Conversation

The collect at the top of page 2 and the prayer over the bread and wine are adapted from the writing of Steven Shakespeare in his book, Prayers for an Inclusive Church.

The cover image is a photo of the floor near the high altar at Trinity, a mosaic created by John LaFarge's studio.